

Shabbat Mincha Amidah: English Translation

Eternal God, open my lips, that my mouth may declare Your glory.

Avot v'Imahot—Our Ancestors

Blessed are You, Adonai our God and God of our ancestors, God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Rachel and God of Leah; the great, mighty, and awesome God, God on high, who does deeds of loving kindness, who is the Source of all, and who remembers the steadfast love of our ancestors, who lovingly brings redemption to their children's children for Your name's sake.

Ruler, helper, redeemer, and protector, blessed are You Adonai, Abraham's shield and Sarah's strength.

Gevurot—God's Strength

You are our eternal strength, Adonai. Your saving power gives life that transcends death. You bring the dew of the field. You sustain the living with kindness, in your great mercy you bestow eternal life. You support the fallen, heal the sick, and free the captive. You keep Your faith with us beyond life and beyond death. There is none like You, our source of strength, the author of life and death, the Source of our redemption. Our faith is with You, God, who brings eternal life. Blessed are You, Adonai, who gives life that transcends death.

Kidushat Hashem—Sanctification of God's Name

May your name be sanctified in the world as the angels sanctify it in the heavens above. As Your prophet wrote, they cry out to one another: **Holy, holy, holy is Adonai tzevaot! The whole earth is filled with your glory!**

Then voices like overwhelming thunder are heard as the seraphim declare: **Blessed is Adonai's glory wherever God dwells!**

Your holy words are written: **May Adonai, your God O Zion, rule eternally from generation to generation.**

May each generation speak of Your greatness to the next. For all eternity may we sanctify Your oneness. May Your praise, our God, never depart from our lips. For You are a great and holy God. Blessed are You, Adonai, the holy God.

Ma'ariv / Evening Service

Bar'chu: Call to Prayer

*Bar'chu et Adonai ham'vorach.
Baruch Adonai ham'vorach l'olam va'ed!*

Blessed is Adonai, the blessed one!
Blessed is Adonai, the blessed one, forever!

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ:
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

The Shema and Her Blessings

Ma'ariv aravim: a blessing for evening

*Baruch atah, Adonai, eloheinu melech ha-
olam, asher bidvaro ma'ariv aravim,
b'chochma poteach she'arim, u-vitvunah
meshaneh itim, u-machalif et ha-zmanim,
um'sader et ha-cohavim, b'mishm'roteihem
b'rakiya kirtzono. Borei yom valaila, golel or
mipnei choshech, v'choshech mipnei or.
Uma'avir yom u-mevi laila, u-mavdil bein
yom u-vein laila, Adonai tz'vaot shemo. El
chai v'kayam, tamid yimloch aleinu l'olam
va'ed. Baruch atadh Adonai, ha-ma'ariv
aravim.*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
בִּדְבָרוֹ מַעְרִיב עֲרָבִים, בְּחָכְמָה פּוֹתֵחַ שַׁעְרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמָנִים,
וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בִּרְקִיעַ
כְּרָצוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי
חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמַבְיֵא
לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת
שְׁמוֹ. אֵל חַי וְקַיָּם, תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם
וָעֶד. בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֲרָבִים:

Blessed are You, Adonai our God, Source of all being, by whose word the evening falls. In wisdom You open heaven's gates. With understanding You make seasons change, causing the times to come and go and ordering the stars on their appointed paths through heaven's dome.. Creator of day and night, who rolls back light before dark, and dark before light, who makes day pass away and brings on the night, dividing between day and night: the "leader of heaven's multitudes" is Your name! Living and enduring God, be our guide, now and always. Blessed are You, Adonai, who makes evening fall.



The Sunset Prayer / Davvenen Minhah

I'll let you in on a secret
about how one should pray the sunset prayer.
It's a juicy bit of praying,
like strolling on grass,
nobody's chasing you, nobody hurries you.
You walk toward your creator
with gifts in pure, empty hands.
The words are golden,
their meaning is transparent,
it's as though you're saying them for the first time.

If you don't catch on
that you should feel a little elevated,
you're not praying the sunset prayer.
The tune is sheer simplicity,
you're just lending a helping hand
to the sinking day.
It's a heavy responsibility.
You take a created day
and you slip it
into the archive of life
where all our livedout days are lying together.

The day is departing with a quiet kiss.
It lies open at your feet
while you stand saying the blessings.
You can't create anything yourself,
but you can lead the day to its end
and see clearly the smile of its going down.

See how whole it is,
not diminished for a second,
how you age with the days
that keep dawning,
how you bring your livedout day
as a gift to eternity.

—Jacob Glatstein
(translated from the Yiddish by Ruth Whitman)

וְאַהֲבַת אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל לִבְּךָ וּבְכָל נַפְשְׁךָ
וּבְכָל מְאֹדְךָ
וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם
עַל לִבְּךָ
וּשְׁנַנְתָּם לְבְנֶיךָ
וְדִבַּרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ
וּבְלִכְתְּךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ
וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ
וְהָיוּ לְטֹטַפֹּת בֵּין עֵינֶיךָ
וְכָתַבְתָּם עַל מְזוֹזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.

You shall love Adonai your God
with all your heart, with all your soul,
and with all your might.
And these words
which I command you today
shall be in your heart.
You shall teach them diligently to your children
and you shall speak of them
when you are sitting at home
and when you go on a journey,
when you lie down
and when you rise up.
You shall bind them as a sign on your hand
and they shall be jewels between your eyes.
You shall inscribe them on the doorposts
of your house and on your gates.

Night Prayer

O Guardian of Israel, who neither slumbers nor sleeps, I entrust my spirit to You. Thus as I go to sleep, I put myself into Your safekeeping. Grant me a night of rest. Let the healing processes that You have placed into my body go about their work.

Prayer for the recovery of others:

Oh God, who blessed our ancestors, Abraham, Isaac, and Jacob; Sarah, Rebekkah, Leah, and Rachel, send your blessings to all who are ill. Have mercy on them, and graciously restore their health and strength. Grant them a r'fu-ah sh'lei-mah, a complete recovery. May healing come speedily.